GOVERNOR ENGLER HAS DECLARED MAY 29TH AS HEAT AWARENESS DAY IN MICHIGAN

Tolls of Extreme Heat

- Heat kills by taxing the human body beyond its abilities.
- 175 people succumb to the demands of heat on an annual basis.
- In the disastrous heat wave of 1980, across the nation more than 1,250 people died.

Contributing Factors

- Stagnant air conditions in cities add the stress of pollution.
- Sunburn can significantly retard the skin's ability to shed excess heat.
- Alcohol and certain medications can limit the ability to remove excess heat.

What to Look For

- Excessive Heat Outlooks from the Climate Prediction Center available on the web at http://www.cpc.ncep.noaa.gov/products/forecasts.
- National Weather Service (NWS) heat advisories and excessive heat warnings.
- NWS forecasts which headline advisories and warnings.

Heat Advisory – Issued when the Heat Index (HI), which combines the effects of high temperatures and relative humidity, is expected to be at least 105° for 3 hours or more.

Excessive Heat Warning – Issued when the HI is expected to be at least 115° for 3 hours or more.

Symptoms

higher). Hot dry skin. Rapid

and strong pulse. Possible un-

consciousness.

Actions to Prevent Heat Disorders

- Drink plenty of water.
- Slow down Reduce, reschedule, or eliminate strenuous activity.
- Dress for the heat Wear lightweight, light-colored clothing.
- Do not get too much sun.

Heat Disorder

Heat Stroke

Additional heat awareness information available at the following web site: http://www.nws.noaa.gov/om/heat/index.shtml.

First Aid for Heat Disorders

Sunburn	Redness and pain. Swelling of skin, blisters, fever, and headaches.
Heat Cramps	Painful spasms of muscles. Heavy sweating.
Heat Exhaustion	Heavy sweating, weakness, skin cold, pale, and clammy. Thready pulse. Fainting and vomiting.
	High body temperature (106° or

physician.

Firm pressure on muscles, or gentle massage. Give sips of water. If

First AidOintments or a dry sterile dressing.

Severe cases should be seen by

nausea occurs, discontinue use.

Get victim out of sun. Lay down and loosen clothing. Apply cool wet cloth. Give sips of water, unless nausea occurs. If vomiting continues, seek medical attention.

Summon emergency medical assistance immediately. Move victim to a cooler environment and reduce body temperature with a cool bath or sponging. Do not give fluids.



NWS Contacts

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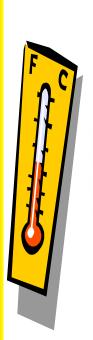




Provided by National Weather Service offices serving Michigan and the Michigan Committee for Severe Weather Awareness



Heat Index Chart



					Re	lat	ive	Hu	mic	lity	(%)					
	°F.	40	45	50	В	60	65	70	75	80	85	90	95	100		
	110	136														
	108	130	137						П	Heat Index						
	106	컎	130	137					. '							
	104	119	124	131	137				I т.	(Apparent Temperature)						
b	102	#	119	124	130 137 Terripe							auui	<u>,</u>	Ten		
3	100	109	114	118	124	23	8									
	98	105	109	113	117	123	128	34								
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	94	97	100	162	106	110	114	119	124	129	135					
	92	34	96	99	101	À	108	112	116	121	ğ	131				
	90	91	93	95	97	100	103	308	109	113	117	122	127	88		
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	86	85	87	88	89	91	93	9	97	100	100	105	罩	112		
	84	83	84	85	86	88	89	90	92	94	96	98	100	183		
	82	81	82	83	敲	84	85	86	88	2	90	91	3	酱		
	89	89	80	81	81	82	82	83	84	84	85	86	86	87		

With Prolonged Exposure and/or Physical Activity

Extreme Danger

Heat stroke or sunstroke highly likely

Danger

Sunstroke, muscle cramps, and/or heat exhaustion likely

Extreme Caution

Sunstroke, muscle cramps, and/or heat exhaustion possible

Caution

Fatigue possible

